



DEPARTMENT OF THE NAVY
OFFICE OF THE SECRETARY
1000 NAVY PENTAGON
WASHINGTON DC 20350-1000

23 Aug 17

MEMORANDUM FOR DISTRIBUTION

SUBJECT: SEMI-ANNUAL PHYSICAL FITNESS ASSESSMENT

Reference: (a) OPNAVINST 6110.1J
(b) NAVADMIN 178/15
(c) NAVADMIN 233/15
(d) NAVADMIN 061/16
(e) NAVADMIN 141/17

Per reference (a), this memorandum serves as your 10 week notification for the cycle II, 2017 Physical Fitness Assessment (PFA), and the schedule is as follows:

- 27 October - Physical Activity Risk Factor Screening Questionnaire (PARFQ) due. Current PARFQ revision is NAVPERS 6110/3 (Rev 06-2016). Members will access the Physical Readiness Information Management System (PRIMS) website via BUPERS Online (BOL) to complete and save their PARFQ online. Follow the "note" instruction under each question to determine if you need a medical provider to clear you for physical activity. If medical clearance is needed, a printed/signed copy is required for Command Fitness Leader (CFL) records. If appropriate steps for the PARFQ/medical clearance have not been completed, then the member will not be allowed to complete the PFA. All medically cleared members are required to participate. All leave and TAD requirements are to be managed accordingly.
- 3 November - All medical waivers are due to the CFL for Commanding Officer approval and PRIMS update. The required form for a medical waiver is NAVMED 6110/4 (Rev 01/2011). All appropriate blocks must be completed and a minimum of 2 Authorized Medical Department Representative signatures are required in blocks 2 and 4 for a valid medical waiver.
- 9 November - All personnel must have a current (within 1 year) Physical Health Assessment (PHA) prior to participating in the Cycle II, 2017 PFA. PRIMS will automatically update approximately 1 week after medical inputs your PHA completion date. No member is authorized to participate in the PRT without an updated PHA. All medical waivers are to be turned in prior to official testing. After the fact (retroactive) BCA medical waivers are not authorized.

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- Regular Schedule:

- Body Composition Assessment (BCA): 3-9 November from 0800-0930 in Pentagon Athletic Center (PAC) Unit PT Room. First door on your left once you come down the stairs Uniform is Navy Physical Training Uniform (PTU) or Uniform of the Day (UOD). No weight will be deducted for members wearing UOD. All members requiring taping must be in the official Navy PTU.
- Physical Readiness Test (PRT): All PRT events will begin at 0800 on the PAC volleyball court. In accordance with reference (a), the only approved uniform for participating in a PRT is the Navy PTU. Members will be asked to leave if not in proper uniform. Alternate cardio options are authorized. Members must have trained on the machine prior to testing.
 - Indoor/Walk (PAC Track – 12 Laps/Outer Ring)
Outdoor Run/Walk (Lady Bird Park Track - 4.5 Laps)
 - 13 November
 - 17 November
 - 20 November
 - Elliptical/Bike/Treadmill (PAC Equipment Room)
 - 14 November
 - 16 November
 - 21 November
 - Swim (PAC Swimming Pool – 9 Laps/450 Meters)
 - 15 November

- Make-up Schedule:

- BCA: 4-5 December from 0800-0900 in PAC Unit PT Room. Uniform is Navy PTU or UOD. No weight will be deducted for members wearing UOD.
- PRT: All PRT events will begin at 0800 on the PAC volleyball court. In accordance with reference (a), the only approved uniform for participating in a PRT is the Navy PTU. Members will be asked to leave if not in proper uniform.
 - Indoor Run/Walk (PAC Track – 12 Laps/Outer Ring)
Outdoor Run/Walk (Lady Bird Park Track - 4.5 Laps)
 - 6 December

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- Elliptical/Bike/Treadmill (PAC Equipment Room)
 - 7 December
- Swim (PAC Swimming Pool – 9 Laps/450 Meters)
 - 8 December

In accordance with reference (a), enclosure 1, page 2, Sailors reporting onboard less than 10 weeks prior to the PFA are required to take the PFA, provided they have been medically cleared.

All changes and procedures listed in references (b) through (e) will be applicable for cycle II, 2017. Per reference (e), Sailors who pass the body composition assessment (BCA), are within the Navy age-graduated body fat standards, and score an overall excellent low or better (with no single event lower than good low) on the PRT will be exempt from participation in the following PRT cycle. The first cycle for which Sailors can be exempt is cycle I, 2018, based upon performance during the cycle II, 2017 PRT. All Service Members should familiarize themselves with the updated changes to the Navy PFA policy and procedures.

If you have any questions, please contact the CFL, (b) (6), at (b) (6), (b) (6). Dates and times listed in this memorandum are subject to change. The CFL team will inform all parties of changes as applicable.

(b) (6)

(b) (6), U.S Navy
Military Assistant to the
Secretary of the Navy